

*Supplementing growth hormone as part of one's health routine can have a tremendous positive impact on his or her overall health and well-being. In general, growth hormone (GH) peaks at puberty and begins to decline by age 21. As men and women age and our GH begins to wane our bodies create more body fat - particularly belly fat - and become more insulin resistant; our bone density becomes weaker, and our risk of heart disease is significantly increased. GH deficiency is also closely associated with chronic illnesses such as fibromyalgia, Crohn's disease and chronic fatigue syndrome. It has been demonstrated that supplementation with GH can ease the symptoms of such conditions, as well as slow down the process of aging by decreasing body fat, increasing lean muscle, decreasing heart disease and improving the quality of one's life.*

Aging brings with it a list of unpleasant side effects: increased body fat, the disappearance of lean muscle, increased risk of heart disease, loss of bone density, chronic fatigue, depression among many other symptoms. It's not a pretty picture. However, by studying growth hormone deficiency and its effects, specialists in the field of anti-aging are finding ways to curb the aging process by the use of growth hormone supplementation.

Growth hormones (GH) or Human Growth Hormone (HGH) is a hormone that stimulates growth, cell reproduction and regeneration in humans and animals. GH peaks at puberty and begins to decrease by age 21. By the time an adult reaches the age of 40 his or her body is deficit of growth hormone. GH deficiency can be attributed to decreased muscle and bone mass, increased abdominal fat, insulin resistance, poor emotional and psychosocial functioning, impaired physical performance, decreased cardiac performance, chronic fatigue, and depression.

Studies using GH supplementation, particularly studies performed over the course of five years on aging adults demonstrated a vast array of positive results. GH supplementation increased aerobic capacity, decreased total and LDL (bad) cholesterol, and improved cholesterol coronary risk ratio. GH supplementation in heart failure patients resulted in decreased coronary inflammation, lowered insulin levels and insulin sensitivity and improved glucose metabolism and coronary blood flow. In regard to osteoporosis and bone density, both men and women demonstrated increased bone density with a low incidence of side effects.

GH supplementation was studied in individuals with chronic illnesses including Crohn's disease, chronic fatigue syndrome and fibromyalgia. All demonstrated significant improvement in the symptoms associated with the condition. GH deficiency can actually mimic fibromyalgia. Women who were treated using GH supplementation daily over the course of nine months reported experiencing improvement in the number of tender points.